



## Shoshone-Paiute Tribe visits Mountain Home Gunfighters

Flujencio Johnson from the Shoshone-Paiute Tribe Dance Group prepares to perform the Traditional Dance at the annual pow-wow celebration recently at the Mountain Home Air Force Base, Idaho, Youth Center. His headgear, or bustle, was a distinction earned by warriors going into battle and also merited by those serving their community or tribe, according to tribal beliefs. More than 25 tribal members visited the base to perform this and other traditional songs and dances to share their culture and traditions with the base community. See story on page 18. (U.S. Air Force photo/Master Sgt. David Wheeler)

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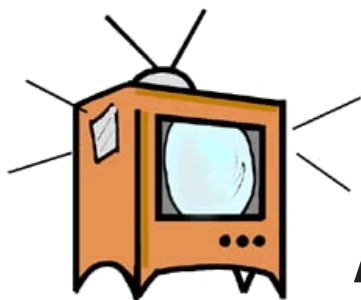


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# NEWS & VIEWS



## Lajes launches Commander's Access Channel

By Capt. Shilo Weir  
Lajes Field, Azores, Public Affairs

The Lajes Field, Azores, Portugal, Community Access Channel officially launched recently, when the 65th Air Base Wing commander cut the ribbon at the Community Center during the Family New Year's Party.

The new channel makes news and information about Lajes' events and facilities available for all customers on the base cable system.

"This will be a great way to not only provide information to our people," said Lt. Col. John Oliver, 65th Services Squadron commander, "but it will entertain them as well."

As part of the access channel programming, the staff at 65th SVS Marketing has added video of events that take place around the base.

"We have been able to put events on the air that happened throughout

the past year," said Tommy Brooks, 65th SVS Marketing director. "This new channel is an opportunity to get a variety of messages out to the audience in a new way."

"We invite all base agencies to take part in providing content," added Colonel Oliver. "That is the only way we can truly make this a tool for the community."

Team Lajes' new Commander's Access Channel is a reliable new medium customers can depend on for useful command information. In addition to providing news and entertainment programming, the CAC has real-world and exercise Force Protection Conditions information, weather updates, facility tours and event schedules.

"This is a new channel and it is a new opportunity for us to get the word out to our people," said Col. Robert Winston, 65th ABW commander. "Working together, we can truly make this Lajes' own."



The **News & Views** is published monthly by the Air Force Services Agency. Send comments, suggestions or submissions to: **submissions@agency.afsv.af.mil** or to the editor **steve.vanwert@agency.afsv.af.mil**.

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# 50 graduate from Food Service Project Greystone

Fifty graduating Airmen pose for a graduation photo, accompanied by Art Myers (left), Air Force Services director, and Chief Master Sgt. O.B. Davies (right). (U.S. Air Force photo/File)



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**By Chief Master Sgt. O.B. Davies**  
AF/A1S

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Fifty Services Airmen recently graduated from a week-long course at the Culinary Institute of America's Greystone Campus in St. Helena, Calif.

This effort was spearheaded by Carmen Vacalabre and Jim Krueger of the Hennessy Travelers Association and would not have been possible without their network of

National Restaurant Association members and other industry partners like American Express, Ecolab and Ventura Foods.

The Airmen were treated to a full week of lecture, discussion, hands-on production, and product evaluations from five different regions in the world.

The capstone to this event was an open session with a number of presidents and CEOs of successful hospitality companies like Panda Express, Buffalo Wild Wings, Ventura

Foods, Famous Dave's of America, and Sardine Factory Inc.

Services' brightest and best got to hear from and pick the brains of the brightest and best industry leaders.

At the end of their visit, Certified Master Chef Adam Busby, Director of Continuing Education at Greystone, said "the Air Force had the most disciplined, fundamentally sound, and eager students he has ever had at Greystone."

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## Deployment support for Airmen, families

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**By David Brittain**  
Youth Development Specialist  
HQ USAF/A1SP

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Air Force Services Family Member Programs developed Stay Connected Kits to provide parents and children a way to maintain a connection while they are separated during deployments.

The kits are extremely popular and include items in pairs such as mouse pads, note

cards, cameras, picture frames, journal/recorder pen, baseball cap/stuffed bear all packaged in a Stay Connected sling bag.

"Our son just started to talk and the recorder pen helped my husband hear those first words. The baby loves to hear daddy's voice too," stated an Air Force mom.

The Stay Connected Kits include a memory jogger for the word "CONNECT" and ideas

and activities that support seven ways to stay connected: Converse; Open Up; Notice; Nurture; Encourage; Create new memories; and Try new things.

"Everyone is raving about the kits. They are wonderful. One of our Services officers is leaving next week and he hadn't told his children yet so he took the kits home after the

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# Kirtland's Outdoor Rec about learning, safety, having fun

By Jennifer Emmons

Kirtland Air Force Base, N.M., Public Affairs

Kirtland's Outdoor Recreation is a whole lot about learning, safety and just having fun.

ODR, a hidden gem on M Avenue, is an encompassing resource for those wanting to learn a new activity and for those desiring more safety training regarding outdoor sports. The department's other primary goal is to serve as a catalyst in helping people discovering the joys of outdoor recreation and finding new ways of exploring the natural world.

"We have so much to offer everyone here – from the skiers to the hikers to the beginners who are just learning about all the outdoors has to offer, we are here to help with training, to provide safety classes and to provide all types of equipment," ODR Director Joni VanMeir said.

The big sport ODR is gearing up for now is skiing. The Black Diamond Ski Shop, located inside the ODR building, is open to service any equipment needing repair or tuning up.

The Black Diamond Ski Shop is a full-service operation for skiers and snowboarders to use to maintain equipment and have major repairs done.

Anyone who has access to the base can use ODR services and resources.

In preparations for the busy ski season, the Black Diamond Ski Shop has undergone some renovations, including new ski racks for equipment, new benches and ski gear is currently being prepped for all customers.

Out of the six full-time employees at ODR, the three who run the ski shop are Marcel Bieg, Sam Glaser and Rick Mares.

"All of our employees here at ODR are multitaskers and are multi-taskers," Ms. VanMeir said. "We all do a lot of everything to keep up with all that's going on."

And ODR always has something going on, she said, be it in the summer with water and hiking sports, to winter, with

skiing, hiking and adventure trips.

Even throughout the cold months of the year, there is plenty to do outdoors, she said.

"The ski shop promises to be busy this year," Ms. VanMeir said.

The equestrian stables and the batting cage are also run and maintained by ODR.

In addition to the main ODR building, the department is also in charge of maintaining the three RV storage lots, FamCamp and both the indoor and outdoor swimming pools on base.

"It's amazing how much we run out of here considering there's only six full-time and one part-time employees at the main building," Ms. VanMeir said.

Continued on next page



Sam Glaser, outdoor recreation, checks the number of pounds it takes for a ski boot to break away from the ski. (U.S. Air Force photo/Dennis Carlson)

## Deployed families 'Stay Connected'

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UTA and hoped it would help with telling them," said Margo Leslie, Chief, Services Division, 934th AFR Services Squadron in Minneapolis-St. Paul, Minn.

More than 6,700 kits were sent to 95 active duty, Air National Guard and Air Force Reserve bases bringing the 2-year total distribution to 13,700 kits.

With the increased deployment of ANG and AFR members, 1,400

kits were sent to support these families.

The Stay Connected Kits were shipped to bases, assembled and distributed to children and parents before their deployment.

One Airmen said, "The kids loved the Stay Connected Kits and it forced us to talk about the upcoming deployment and softened the blow before daddy left."



Stay Connected Kits help Airmen and families keep in touch during deployments. (U.S. Air Force photo/File)

## Kirtland ODR a 'hidden gem' *continued from page 4*

ODR does employ a pool manager and part-time, temporary lifeguards.

All educational and training classes are taught by the ODR staff, who also plan, schedule and lead programs and adventure and sporting trips.

"At this job, you are never, never bored – from the time you come in to the time you crawl out, you are always busy," she said.

Marcel Bieg, ODR programmer, does a lot of everything, not just what his job title describes. Mr. Bieg schedules, plans and leads trips. He also created and maintains ODR's Web site, [www.kafbodr.com](http://www.kafbodr.com).

"He and Sam Glaser have qualifications longer than your leg," Ms. VanMeir said.

All of ODR's staff are more than qualified and exceed their job duties, she continued.

Andy Mendoza, ODR assistant manager, handles many responsibilities, including maintaining the base parks, leading sightseeing tours and managing the other staff.

"You won't find many outdoor recreational departments that do more than our ODR does," said Ken Riggins, community support flight chief for the 377th Services Squadron.

Ms. VanMeir said that a lot of people on base don't even know about ODR and all it has to offer.

"We are competitive with what other outdoor recreational departments not only in what we offer – because we offer a lot more than most do – but we are also very competitive with our prices," she said.

Because ODR does offer so much, volunteers play a big role in many of the activities.

"We rely heavily on volunteers, like our raft guides and the many others who help out teaching and leading trips," Mr. Bieg said. "Without volunteers, we'd be hurting. We are very grateful for all those that lend their time and skills to help others."

Ms. VanMeir said ODR is a great tool in helping those new to the base meet other people and in introducing new ways of having fun.

"There are a wealth of things to do – from rafting to camping to planning a party or a trip – we can provide a schedule of events you can do on your trip and what's available wherever you want to go and even tell you how much it will cost," she said.

## FROM THE FRONTLINES

# First Air Force dining facility in Baghdad honors hero, opens with a bang

**By Staff Sgt. Scott McNabb**  
447th Air Expeditionary Group Public Affairs

While many Americans removed bows and pulled back ribbons from neatly wrapped presents, Airmen at Sather Air Base, Iraq, unveiled a tribute to a fallen hero, stressed the importance of airpower and cut the ribbon to the first Air Force dining facility in Baghdad.

Lt. Gen. Gary North, CENTAF commander, was the guest speaker at the ceremony which gave dual tribute to fallen Sather member Tech. Sgt. Walter Moss, Jr. and airpower.

Col. Gregory Marston, 447th Air Expeditionary Wing commander, pointed out that of the other seven or eight dining facilities on Victory Base Complex, the series of Army bases surrounding Baghdad Airport, only Sather's will honor it's service heritage and it's people.

"One of the other DFACS has dozens of collegiate flags, another has a sports theme, another shows state flags - one even has pictures of exotic, tropical destinations," said Colonel Marston during his speech. "In my mind, none of

them celebrate the service that runs them or tells the story of what our military people do. The answer was simple - this dining facility had to be dedicated to a fallen hero, lest we forget his sacrifice; and its theme had to be about the Air Force and airpower."

Sergeant Moss, an explosives ordnance disposal technician who led his team to complete 119 missions and clear 40 improvised explosive devices, was killed in action in March of 2006.

"He epitomized all that is good and right in our U.S. military," the base commander said. "He was a volunteer for one of the most dangerous career fields in the Air Force. He was a true patriot and inspiration to those who knew him."

General North, who gave the "go ahead" order to fund the

construction of the DFAC, joined Colonel Marston in unveiling a wall dedicated to sergeant Moss. Camouflage netting was removed to display a large picture of sergeant Moss and his biography. At the same time, a tribute of three EOD controlled detonations (explosions) could be heard in the distance.

General North said Sergeant Moss abides in the spirit of Airmen and that of warriors in

**Continued on next page**



Col. Gregory Marston (left) and Lt. Gen. Gary North take down camouflage netting to reveal the carved sign and memorial to Tech. Sgt. Walter Moss, an explosive ordnance disposal team leader who was deployed to Sather Air Base in Baghdad when he was killed in action in March. General North is the U.S. Central Command Air Forces commander and Colonel Marston is the 447th Air Expeditionary Wing commander. (U.S. Air Force photo/Staff Sgt. Scott McNabb)



## Dining facility named after war hero

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all services who raise their hand and serve. "The spirit of Walter Moss will live on in this facility," he said.

To Colonel Marston, Sergeant Moss' life and career epitomized the second theme of this new facility - airpower.

"Back in the day - airpower was just about airplanes," Colonel Marston explained. "Airpower meant air superiority, bombs on target, strategic deterrence, close air support, cargo or passengers delivered anytime/anywhere. But the times have changed. Today combat airpower is also about what the U.S. Air Force adds to our military power across the globe."

Colonel Marston said airpower is about what each Airman does every day. He used the fact that even though there are less than 1,000 Airmen here, the base moves cargo at a rate of bases "ten times our size."

"One of my favorite quotes comes from Mark Twain, and it fits Sather Air Base perfectly: 'It's not the size of the dog in the fight, but the size of the fight in the dog,'" said Col. Marston. "Sather may not have aircraft or helicopters assigned here, but our people enthusiastically do their jobs in an outstanding manner - this little dog gets the job done to support the war effort."

Both speakers made it a point to thank every person who played a part in planning, building and running the new DFAC.

To Col. Marston, the name sums it all up.

"In the end, we didn't call this DFAC - 'Oasis,' 'DeFleury,' 'International Café' or 'DFAC #1' (names of other current DFACs in Baghdad.) We called it the Tech. Sgt. Walter M. Moss, Jr. Airpower DFAC," he said with emphasis. "This facility is about this man, our base and the Air Force mission you do here. Our walls here are filled with pictures of our airpower - in the form of Air Force aircraft that have protected the skies and terrified our enemies since WWI; it also shows the faces of the people who make it happen everyday."



Members of the 447th Air Expeditionary Group at Sather Air Base in Baghdad applaud during a ceremony marking the opening of the Tech. Sgt. Walter M. Moss Airpower dining facility. Sergeant Moss, an explosive ordnance disposal team leader, was deployed to Sather Air Base when he was killed in action in March. (U.S. Air Force photo/Staff Sgt. Scott McNabb)

(Editor's Note: See AFI 36-3108, Memorialization Program and Ceremonies, for policy and guidance in naming any Air Force room, street, building, medical or other facility, or installation after a living or deceased military or civilian individual.)

### **Sergeant Moss facts:**

Raised in Texas

Enlisted in 1990

Assigned to bases in Texas, Guam, Italy, Turkey and Idaho

Mission Support Group nominee for 2002

Lance P. Sijan award

Twice selected to provide presidential security

Decorations include:

Bronze Star, Purple Heart, AF Commendation Medal with three devices, AF Achievement Medal with one device, Navy Achievement Medal, AF Outstanding Unit Award with four devices, National Defense Service Medal with one device, Armed Forces Expeditionary Medal, Kosovo Campaign Medal, Iraq Campaign Ribbon, Global War on Terrorism Service Medal and NATO Medal

## At Eielson

# It all starts with employees

**By Jacqueline Greene**  
354th Services Marketing

From hiring new employees to training customer service, the Non-Appropriated Fund Human Resources Office is the critical backbone to the success of the 354th Services Squadron mission — to provide quality of life to the community at Eielson Air Force Base, Alaska. This four-person team is responsible for recruiting, processing, training, and sustaining employees for more than 30 Eielson activities.

"We process on average 300 new employees per year, of that close to 100 of these new employees account for the Child Development Center, Youth Center, and School Age Program," said Jamie Kimberly, acting Human Resources Director.

Along with the many responsibilities of processing and retaining employees, the office is also the focal point for training. The most critical training is the customer service program.

"We are constantly finding new ways to inspire and train our employees on customer service," said Sheryl Osteen, 354th Services Training Manager.

Eielson Services is launching a new mystery shopper program that will assist facili-

ties in reaching higher levels of customer service.

"A mystery shopper program is a great way to ensure customers are being taken care of, as well as employees being recognized for doing an outstanding job," said Ms. Osteen. This new program is scheduled to begin in November.

With such a high-turn-over rate and incredible demand for employees, Service's HR office is not without challenge.

"Hiring qualified employees with a small applicant pool is very difficult; the key is to retain the employees with growth potential, training, and competitive wages in each related field," said Mr. Kimberly.

Due to the unique circumstances of the area, most facilities are undermanned.

According to Mr. Kimberly, the Bowling Center operated for most of the summer at only 30 percent manning. The office recruits among spouses and military members and will also work with downtown agencies to assist in filling open positions.

The bottom-line is that it all starts with the employees. With happy, qualified employees there is a direct impact on the Eielson community. Happy employees generate better customer service.

The employees are the lifeline to the success of the Services Squadron and quality of life for Eielson.

The 354th Services Human Resources Office is the place that makes this possible.



From left, Kera Unfried, Human Resources assistant, helps a customer at the HR building. Ms. Unfried is one of the people on staff who can answer questions and help with the application process for on base jobs. (U.S. Air Force photo/Jacque Greene)



# Families meeting families

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**By Staff Sgt. Michelle Sellers**  
Dobbins Air Reserve Base, Ga., Public  
Affairs

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Senior Master Sergeant Steve Winn, 622nd Regional Support Group logistics planner and his son Spencer, 10, built a toy organizer during family day. (U.S. Air Force photo/File)

Softball, fun runs, moonwalks, a 25-foot rock-climbing wall, hot dogs, hamburgers and families meeting families. This is a brief description of Dobbins Annual Family Day, held recently at the Dobbins Consolidated Club. "We are having a great time," said Senior Master Sergeant Steve Winn, 622nd Regional Support Group logistics planner.

Sergeant Winn and his son Spencer, 10, built a toy organizer during family day. Sergeant Winn said this year's events were great for the kids. The Home Depot donated workshop kits for children to build choo-choo trains, toy organizers, and bird houses to name a few. Prizes donated included vacation packages, a skill saw and a cordless drill, which were prizes for those lucky servicemembers or family members who signed up for the drawings.

One of those lucky servicemembers was Senior Airman Viki Bloemker, 94th Airlift Wing Command Post controller, who won the skill saw.

"I don't know what I will build, but I'm excited I won," said Airman Bloemker. Another winner was Cameron Collins, 7, who won the 1-mile fun run. Aside from the run, other activities for the children included three sword fights performed by knights from Medieval Times, an inflatable forty-foot fire engine with an obstacle course inside, a stars and stripes moonwalk and a four in-one moonwalk.

During the four-hour event, children were running back and forth between the different activities or lined up for the rock-climbing wall. As they enjoyed the different activities, their parents enjoyed socializing with co-workers and their families.

After all, that's the goal family day at Dobbins Air Reserve Base. It's an opportunity for servicemembers to bring their spouses and children out to the base and have some food, fun and reacquaint or introduce them to their co-workers, supervisors and commanders and their families; as well as an opportunity for local businesses to demonstrate services they have available to servicemembers and their families.

Family Day was sponsored by the Dobbins Air Reserve Base Services Division, the Dobbins Consolidated Club, the Associated Federal Credit Union, Courtyard by Marriott, Residence Inn Cumberland, The Home Depot Vinings Store, American Legion-Horace Orr Post 29, Georgia 4-H Club and Medieval Times of Lawrenceville, Ga.

# Story time goes to dogs

Veronica Quesenberry reads to Casey, a therapy dog in the R.E.A.D. program, at the Eglin Library. Casey belongs to Pamela Hawk, a volunteer in the program geared toward building children's confidence.

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**Story and photo by Leigh Shirah**  
Eglin Air Force Base, Fla., Public Affairs

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Once a month, dogs of all shapes and sizes come together at the Eglin Air Force Base, Fla., Library for story time as part of the Reading Education Assistance Dogs program.

R.E.A.D. was formed in 1999 by a nonprofit organization, Intermountain Therapy Animals, which utilizes registered therapy animals to help children gain confidence and learn to enjoy reading. The animal and owners are teams that volunteer their time to help children.

The R.E.A.D. teams visit the Eglin, Milton, Fort Walton Beach and Navarre libraries monthly.

"This is our second time and the girls just love it," said Natalie Quesenberry, who brought her three daughters to read to the dogs recently. She said this is a fabulous program and she appreciates the dog owners and the time they give to the program.

"We go into the libraries and allow kids to read to the dogs," said Lois Phillips, member of the R.E.A.D. program. "This program is actually designed for children that are struggling with their reading. So they are calm around the dog. They are not reading aloud in front of their peers who tend to make fun and their reading improves as do their grades. Once you get that reading down, where they are real comfortable with it, then the rest of the work is pretty easy."

Ms. Phillips took her dog, Duke, to visit her mother-in-law in a nursing home, where there is pet visitation day. The staff loved Duke so much that they told Ms. Phillips she could bring him back any time as long as he had current shots.

"He just knows who is a dog person and who isn't," said Ms. Phillips about Duke. "He will go around a person who is not very comfortable with dogs and straight to a person that, if I would let him, would allow him to crawl up into their laps because they just love dogs so much."



Once she realized there were more opportunities for her and Duke to help, she began the process of getting Duke certified as a therapy dog. She and Duke, a retired Greyhound racing dog, have been a R.E.A.D. team for about a year.

"Reading is the number one thing that kids should learn," she said. "Every chance that they get to practice it in a positive setting, should be taken advantage of and this is a fun way to take advantage of reading."

Ms. Phillips teaches reading to blind children in Okaloosa County and she said R.E.A.D. fits right in.

Currently, pets are not allowed in Okaloosa County Schools. Members of R.E.A.D. are hoping to show the school

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**Fiscal 2007 National Defense Authorization Act**

# What it means for the Mortuary Affairs program

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**By Lt. Col. Kathleen Weatherspoon**  
A1SO, Chief of Mortuary, Honors and  
Protocol Policy

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Effective Jan. 1, Public Law 109-364, Section 562, Transportation of Remains of Casualties Dying in a Theater of Combat Operations, was implemented. In the past, the primary mode of air transportation for deceased military members transported from Dover Port Mortuary was regularly scheduled commercial service from a nearby airport.

Public law now requires the primary mode of air transportation to be dedicated military or military contracted aircraft

unless the Person Authorized to Direct Disposition specifically requests commercial airlift. Additionally, the law requires a sufficient number of honor guard members to meet the aircraft at the final destination airport to transfer the flag-draped casket to awaiting ground transportation.

Below are measures implemented to ensure compliance with the law:

Effective Jan. 1, a contract with Kalitta Charters was implemented; small dedicated jets now fly directly out of Dover Air Force Base Del. A small number of remains are transported by military air when contract capability is exceeded,

and a small number are flown via regular commercial air per the PADD request.

Air Force policy, based on direction from the Deputy Under Secretary of Defense for Personnel and Readiness, is that no less than six honor guard members will meet aircraft. NOTE: This requirement should not be confused with the requirement for two military members to meet "current death" remains at final destination.

AFSVA/SVOM will task bases via the disposition message to provide six honor guard members at the arrival airport in addition to providing funeral honors.

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## ***READ: Reading Education Assistance Dogs***

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board what a benefit this program could be to the students of Okaloosa County. Okaloosa County literacy coaches, reading teachers and Alexis Tibbetts, Okaloosa County School Board Superintendent, have been invited to the Eglin Library to watch the R.E.A.D. teams in action at their 2007 kickoff Jan. 16.

If the school board allows dogs into the schools, they would be able to come to Eglin schools as well. In schools around the country, reading to dogs is seen as a treat for the students, but it is also a teaching tool.

Children are given a book mark with the dog's picture they read to on it. Then, each time they read to a R.E.A.D. animal, they receive a sticker. Amanda Brannon, 3, and her sister Mary, 6, each earned a free book for collecting 10 stickers on their R.E.A.D. bookmarks.

"We use the dog's natural behaviors to encourage the children to read," said Ms. Phillips.

She explained that if the dog paws at the child, the child is told the dog wants to hear more, and a dog turning its head may mean the child

needs to read louder, so the dog can hear the child read.

Dorothee Bennett said she believed her dog, Lucky, would be a good therapy dog when she saw how Lucky let children crawl all over her. Ms. Bennett and Lucky had already been working as a therapy team, when she heard about R.E.A.D.

"When I found this group, I just thought what a happy coincidence," Ms. Bennett said, who is a library tech at Eglin.

Dogs are not the only animals that can be therapy animals. Locally, there is a cat that is a certified therapy animal.



## NAF-T Report:

# AFSFMS customer support

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**By AFSVA/SVTC Staff**

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The Air Force Services Agency's Shared Service Center Customer Support Division is the single point of contact to resolve procedural, technical, or mission related inquiries concerning the Air Force Services Financial Management System.

They provide customer and system support for AFSFMS to ensure minimal downtime and continuous access to NAF financial data. The division consists of two branches: the Field Support Branch and the Applications Support Branch. Within the Field Support Branch, Functional Support Teams were established to provide specialized assistance to each AFSFMS deployed base.

Currently, these individuals have been detailed out to the respective functional areas to increase their expertise and to better assist field units.

Base and MAJCOM customers with any problems or questions concerning AFSFMS should first contact their Base Liaison in the NAF Accounting Office.

The Base Liaison will then call or e-mail their designated Functional Support Team embedded in the respective functional area. Support Team members are fully trained to

evaluate an inquiry, open a resolution, and either resolve the question immediately or respond to the customer as soon as possible with the appropriate answer.

Often, the Support Team can answer questions on the spot; however, for more complicated issues about the AFSFMS applications, hardware, or operating system, the issue is referred to the Applications Support Branch.

The Applications Support Branch is the critical support team that addresses specific technical questions, problems, and concerns.

The Branch also supports the Base Liaison and end-users in applying training received, using documentation provided, and maintaining on-line help.

The goal of the branch is to increase user satisfaction by providing fast and high quality solutions. Applications Support Branch services include establishing user passwords, modifying user permissions, creating requested financial queries, and answering application questions.

### **Passwords, permissions:**

The Applications Support Branch staff is responsible for establishing and maintaining all AFSFMS Discoverer Queries

end-users and Report applications.

My Money NAF end-users are established through an automated process based on employee data input to the Defense Civilian Personnel Data System. My Money is the web-based self-service application for NAF payroll that is available to NAF employees as their base implements AFSFMS.

For NAF Data Interface System access, AFSFMS end-users must contact their base-level NAFDIS Administrative User. NAFDIS is the secure web-based application AFSFMS-deployed bases use to enter their daily financial information to the SSC.

Prior to deployment, the SSC establishes initial user accounts for all military, APF and NAF managers requiring access to AFSFMS based on information received from the applicable base/MAJCOM.

After access is provided, the base level Services System Administrator is responsible for unlocking and resetting passwords through the AFSFMS User Management Module.

### **Queries**

Functional Support Team members can also help end-

**Continued on next page**

## **NAF-T Report**

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users download financial queries and understand the information presented in the specific AFSFMS financial queries.

### **System application questions, customer issues**

Application Support technicians handle all AFSFMS application-related questions from the end-users in the field. When the Base Liaison calls their Support Team, the teams document and attempt to resolve customer-related items. They forward application-related items to the Application Support Branch via an automated tracking tool.

The Application Support technician documents all information in the tracking tool and forwards it to the appropriate personnel for evaluation. If further assistance is needed for the validity of the issue, it is the responsibility of the Application Support Branch to work with contracted personnel to resolve (third level support).

### **E-mail, network connectivity**

The Applications Support Branch requests that when e-mail or network connectivity problems arise, end-users first call their local base Services IT Specialist or the local Network Control Center for assistance.

SSC Application Support technicians will document calls regarding AFSFMS communications issues and provide the user with as much known information as possible.

The Applications Support technicians will advise the user of the current status of and solution to known issues.

### **Point of sale transmission files**

Application Support personnel provide assistance regarding POS interface files. For example, if the issue relates to POS file generation, Application Support staff will direct the user to their POS vendor or Base System Administrator for help.

If the issue relates to the File Transfer Protocol site, the staff will monitor the issue and advise the user when the problem has been resolved.

### **SSC customer support roles**

While AFSFMS Application Support Branch personnel play a key role in customer support, other functional and technical personnel are involved with Application Support Branch operations.

End-users initiate questions, issues, or concerns;

Functional Support Team members provide first level support;

Application Support Branch personnel provide second level support;

Application Support Branch personnel and SSC Division/

Branch Chiefs work with the Application Support Branch to design solutions to complex issues;

AFSVA Directorate of Management Systems and local base Information Technology personnel handle technical issues (e.g., hardware and network); and

Contracted developers and consultants assist with functionality questions on their systems, software, and hardware.

### **Summary**

Customers with any issues concerning AFSFMS should contact their Base Liaison first.

The Base Liaison will work with the SSC-designated Support Team within the Field Support Branch to resolve the problem or provide a response.

The Support Team will document the inquiry and submit system/application related items to the Applications Support Branch if required.

AFSFMS Application Support Branch personnel establish new end-user passwords, modify user permissions, and answer associated application questions.

# 3,700 get away to SnoFest

By James Lovely  
10<sup>th</sup> Services

More than 3,700 members of the military community experienced camaraderie and an affordable winter getaway at SnoFest, the 17<sup>th</sup> annual military snow sports weekend.

The event, held Jan. 26-28 at Keystone Resort, was hosted by Services and MWR folks at the U.S. Air Force Academy, Schriever, Buckley, F.E. Warren and Peterson Air Force bases, Headquarters Space Command and Fort Carson.

SnoFest featured NASTAR ski and snowboard racing, parties, a cardboard derby, non-skier activities and – importantly, at significantly discounted rates.

This year's winner of the Commander's Cup traveling trophy, awarded annually to the installation with the fastest skiers, was Peterson AFB.

More than 860 people attended an icebreaker on opening night. The soiree, themed "The Mad Hatter's Un-birthday Party," featured a dazzling array of gourmet desserts, such as eatable chocolate saucers and tea cups filled with a delightful mousse. Services staff members were playfully attired as characters from Alice in Wonderland, and most of the guests wore their craziest hats.

Saturday's Winter Blues-themed party in the huge

Keystone Conference Center attracted nearly 1,000 people. Services staff members dressed as the Blues Brothers and the music was provided by a Boulder-based dance band, Deja Blu. Keystone catered an outstanding Italian dinner buffet and all 110 tables were stocked with inexpensive black plastic fedoras and sunglasses so the guests could join in the festivities.

"The sponsorship folks from the participating bases obtained over \$76,000 in total sponsorship for the event in the form of cash, product and prizes," said Jill Stevens, commercial sponsorship coordinator at USAFA and chairperson of the SnoFest sponsorship committee. "Through sponsorship,

we were able to sell adult party tickets for \$15 and \$10 for kids, even though the actual cost to us was about \$20 per person. We were able to give away a lot of great door prizes, too."

Continued on next page



Services staff members from USAFA, HQ SPC and Peterson AFB dressed as characters from Alice in Wonderland for the Mad Hatter's Un-birthday Party icebreaker on the opening night of SnoFest at Keystone Resort, Colo. More than 850 members of the military community attended the icebreaker. (U.S. Air Force photo/James Lovely)



USAFA Preparatory School students enjoyed skating on Keystone's 5-acre, Zamboni-maintained outdoor skating rink. (U.S. Air Force photo/James Lovely)



## Having a 'cool' time in Colorado *continued from page 14*



Top left, Warren Schroeder of Peterson AFB competes Jan. 26 in the NASTAR ski racing competition at SnoFest. (U.S. Air Force photo/File)

Top, "Crazy Canucks," an entry by a group of Canadians stationed at Peterson AFB, won the award for fastest racer in the Cardboard Derby. More than 130 people of all ages competed in the derby. (U.S. Air Force photo/James Lovely)



Left, There is no limit on the amount of participants in a derby vehicle. This derby entry has five racers inside. A "Viking ship" once had 11 crew members. (U.S. Air Force photo/Todd Ryan)

Arguably the most popular part of SnoFest is the cardboard derby. Individuals, groups, squadrons and families entered snow vehicles made only of cardboard, tape, rope, paint and paper. Some built highly elaborate entries at home and transported them to the slope, while others created makeshift vehicles on-site using materials provided through sponsorship.

On race day, they slipped, slid and meandered down the dedicated slope with varying degrees of success to the cheers and encouragement of a crowd numbering in the hundreds. Prizes were awarded to the most successful entries in several categories.

Many SnoFest participants took horse-drawn sleigh rides or yoga classes, tried ice skating,

tubing, snowshoeing or cross country skiing, or went shopping and sight-seeing in nearby mountain villages.

"We've held this event for many years, but we feel we improved it this year by listening to the feedback we received through the Interactive Customer Evaluation survey that we implemented just for SnoFest," said Kaye Grant, USAFA Services marketing director and SnoFest director. "What really makes this event special, and I think unusual, is that it takes the Services folks from many installations coming together and working as a team to put on a quality event of this magnitude."

An important focus of SnoFest officials was to make this weekend as affordable as possible. Rocky Mountain Blue, the Air Force's AFRC-type program at Keystone, set aside specially discounted military lodging for SnoFest (along with a 15 percent discount at restaurants), and through negotiations with Keystone, organizers were able to obtain heavily discounted lift tickets for the event.

## Guardsmen living the good life at Aviano

# Serving Airmen at La Dolce Vita



Staff Sgt. Crystal Langford cleans the dining facility serving area before loading the bins with food at the La Dolce Vita Dining Facility on Aviano Air Base, Italy. Sergeant Langford is a 120th Fighter Wing food service craftsman from Great Falls, Mont. Five members of the Air National Guard from the 120th FW are working in the La Dolce Vita as part of their annual two-week duty. (U.S. Air Force photo/Senior Airman Colleen Wieman)

Thananon Srichompoo serves lunch at the La Dolce Vita Dining Facility at Aviano Air Base, Italy. Base members at Aviano AB maintain two F-16 fighter squadrons to conduct regional and expeditionary operations under NATO, Supreme Allied Command Europe, or national tasking. (U.S. Air Force photo/Airman 1st Class Michael Dorus)



Airman Luis Lugo-Velez stirs sauce he prepared for meatball sandwiches at the La Dolce Vita Dining Facility. The Facility serves 600 meals a day on average. Each shift prepares for the next shift. For example, the midnight shift prepares the morning meal, so the morning shift can serve the food, clean up, and cook lunch. Airman Lugo-Velez is a 31st Services Squadron food service technician. (U.S. Air Force photo/Senior Airman Colleen Wieman)

Staff Sgt. Bob Starkey prepares dinner at the La Dolce Vita Dining Facility at Aviano Air Base, Italy. Sergeant Starkey is deployed to Aviano AB from the 120th Fighter Wing at Great Falls, Mont. (U.S. Air Force photo/Airman 1st Class Michael Dorus)





## Aviano welcomes Guardsmen for 2-week training

*continued from page 16*



Master Sgt. Gina Tanksley prepares boxed meals at the La Dolce Vita Dining Facility at Aviano Air Base, Italy. (U.S. Air Force photo/Airman 1st Class Michael Dorus)



Staff Sgt. Troy Anderson serves lunch to an Airman at the La Dolce Vita Dining Facility at Aviano Air Base, Italy. Sergeant Anderson is deployed to Aviano AB from the 120th Fighter Wing from Great Falls, Mont. Base members at Aviano AB maintain two F-16 fighter squadrons to conduct regional and expeditionary operations under NATO, Supreme Allied Command Europe, or national tasking. (U.S. Air Force photo/Airman 1st Class Michael Dorus)

## OSC gives Hickam Library \$5,000 gift

The Hickam Air Force Base, Hawaii, Officers' Spouses' Club presented the Hickam Library with a \$5,000 donation to help cover the costs of the library's computer/Internet services and special shelving. Lani Bergstrom, OSC president, commented that the OSC realized how very important the computer services were for Hickam families and children, because they saw virtually every computer in use whenever they visited the library.

The Hickam Officers' Spouses' Club raised the funds for the library gift from their Thrift Shop operations.



From left, Lt. Col. Scott Frickenstein, 15th Services Squadron commander; Phyllis Frenzel, Library director; Col. Mathew Dorschel, 15th Mission Support Group commander; Col. J.J. Torres, 15th Airlift Wing commander; Lani Bergstrom, OSC President; Julie Phillips, OSC Social chair; Jan Workman, OSC executive secretary; and Lisa Hersant, OSC membership chair. (U.S. Air Force photo/Wyoming Rossett)



# Shoshone-Paiute Tribe visits Mountain Home Gunfighters



Top left photo, K.W. Pete from the Shoshone-Paiute Tribe Dance Group performs a traditional Fancy Dance at the annual pow-wow celebration recently at the Youth Center at Mountain Home Air Force Base, Idaho. More than 25 tribal members visited the base to perform this and other traditional songs and dances to share their culture and traditions with the base community. (U.S. Air Force photos/Master Sgt. David Wheeler)



Above, members of the Shoshone-Paiute Battle House Drum Group perform during the Round Dance at the annual pow-wow celebration recently at the Youth Center.



Bottom left photo, Oleta Goodnight from the Shoshone-Paiute Tribe Dance Group performs a traditional Fancy Dance at the annual pow-wow celebration recently at the Youth Center. This contemporary, free style of dance features soaring and swooping moves with men representing birds in flight and women representing graceful butterflies.

# AFE pounds the music industry pavement

## *Hitting the trade shows: the search continues to find talented artists to perform for the troops overseas*

By Sarah Tober  
A1ST

Armed Forces Entertainment has taken a fresh approach to booking quality, musical artists to entertain troops overseas. By hitting the streets, we have found a number of up-and-coming artists who are looking to take that next step in their career while enthusiastically supporting military personnel.

In 2006, AFE participated in nine music trade shows and conferences across the country that focused on educating, networking and showcasing artists.

This gave us the opportunity to reach roughly 500,000 people including artists and their agents, registrants, spectators and media representatives.

These conferences took place in New York, Atlanta, Canada, Nashville, Austin and Cincinnati. From these trade shows, several artists were selected to tour with AFE, including Matt Poss and the Wild Bunch, State of Man, Lost Immigrants, Margot B. and Bonnie Bishop.

These music conferences enabled us to educate the industry on AFE's mission, offering face-to-face interaction between interested artists and staff representatives.

This grass-roots approach helped AFE build relationships with a wide-variety of industry

professionals. By establishing a presence through signage, a booth, speaking on panels and strategic placement of ads and sponsorships, the organization was able to build long-term brand awareness.

"These trade shows have offered myself and the other circuit managers a unique opportunity to reach a large pool of excellent musical artists at one time, who are as devoted to supporting the troops as they are to putting on a great show," said Air Force Capt Aubrey Semrau, AFE Pacific circuit manager who is responsible for selecting and planning entertainment for military bases in Korea, Japan, Okinawa, Guam, Singapore, Cuba, Puerto Rico, Ecuador.

"Through the venue showcases we are able to experience and judge the bands firsthand, enabling us to send the caliber of shows the troops are requesting," she said.

AFE representatives attended a myriad of trade show panels available on a variety of topics directly relating to the marketing of musicians. By featuring leaders of the music industry the panels helped staff to gain insight on artists' needs, promotion and growing trends in the industry.

Our staff members also served as panelists, allowing us another opportunity to spread AFE's message consistently.

"When we were at the conference in Nashville we noticed the Armed Forces Entertainment booth right away and made a beeline for it.

"We have always wanted to play for the troops and show our support and we had heard a little bit about the organization, but never knew exactly how to go about applying," said James Dunning, lead singer for the Lost Immigrants.

Not only did the AFE's booth stand out by design, but by objective. The opportunity to tour overseas, at a time in their career when international shows are not feasible with the added bonus of playing for the troops was all the incentive the Lost Immigrants needed to apply to the program.

"Looking back at that conference Armed Forces Entertainment's presence there resonated with us," said Mr. Dunning. "No matter what obstacles we encounter in arranging the logistics of this tour, we are going and we will play for the troops. It's the least we can do for the sacrifices they make."

We are committed to bringing the most talented acts and musicians to perform for the troops overseas and will continue to attend music festivals in 2007 to accomplish its mission.



# TIB 2007 rehearses for anniversary season

Tops in Blue 2007 cast members rehearse in their production center at Lackland Air Force Base, Texas.

This year's theme is "The Fly-By." (U.S. Air Force photo/Robin Cresswell)



**By Steve VanWert**  
Air Force Services Agency

Cast members for the 2007 version of the Tops In Blue show are singing, dancing and learning how to prepare for approximately 140 shows in 30 countries.

Singers, dancers, instrumentalists, drivers, stage crew — 38 in all — converged in January beginning 10 weeks of rehearsals for Tops In Blue 2007 in their production center at Lackland Air Force Base, Texas.

They're learning songs, rehearsing choreography, fine-tuning the show, and learning to build a stage. This year's theme is "The Fly-By." The Air Force's expeditionary entertainers will hit the road in April and will perform for approximately 300,000 Airmen and their families.

This year's tour commemorates the Air Force's 60th anniversary. The 2007 group

will be doing several performances at Air Force Week celebrations throughout the country.

The show is a mixture of music, lights, dance and historical video footage highlighting the last 60 years. The show will go on the road in April and continue through February 2008.

Before beginning their 2007 tour, Tops In Blue needs to fill one more position, a videographer technician.

Anyone interested may apply by going to the Tops In Blue Web site at [www.topsinblue.com](http://www.topsinblue.com).

Members of the 2007 edition of Tops In Blue are:

— Capt. Alexander Ruiz from Malmstrom AFB, Mont.  
— 2nd Lieutenants Adam Deem of Grand Forks AFB, N.D., Christine Hu of Creech AFB, Nev., and Kimberly Robinson of Royal Air Force Lakenheath, England.  
— Master Sgt. Clayton Johnson

of Little Rock AFB, Ark.

— Tech. Sergeants Joseph Diaz of Lackland AFB, Jennifer Dack of Mountain Home AFB, Idaho, and Keith Martin Sr. of Columbus AFB, Miss.

— Staff Sergeants Wendell Boone Jr. of Robins AFB, Ga., Graciela Diaz of Schriever AFB, Colo., Julie Little of F.E. Warren AFB, Wyo., Keith Loudermill of Randolph AFB, Larry Nix of RAF Fairford, England, Ryan Soens of Osan Air Base, South Korea, Mark Schmidt of Lackland AFB, and Douglas Wilkerson of Peterson AFB, Colo.

— Senior Airmen Matthew Brock of RAF Fairford, England, Patrick Crossland of RAF Mildenhall, England, Steve Froeber of Davis-Monthan AFB, Ariz., Jonathan Hayden of Shaw AFB, S.C., Alexander Lyons of Kirtland AFB, N.M., Rodney Mays of Aviano AB, Italy, Hanh Nguyen of Ellsworth AFB, S.D., Wallis Payano of Tyndall AFB, Fla., James Rannalli of Lackland AFB,



## Getting ready for 140 shows in 30 countries

*continued from page 20*



Male vocalists learn basic choreography. In the weeks to come, their steps will become more intricate, high-energy and complex. (U.S. Air Force photo/File)



Musicians, as well as vocalists and dancers, rehearse. (U.S. Air Force photo/Robbin Cresswell)

Tyrece Robertson of Minot AFB, N.D., Rick Rosales of Osan AB, South Korea, Daniel Ruth-erford of Fort Meade, Md., Jeremiah Smith of Davis-Monthan AFB, Benjamin Taylor of Moun-tain Home AFB, Alicia Tucker of Wright Patterson AFB, Ohio, April Vollm of Dyess AFB, Texas, and Chonte Walker of Cannon AFB, N.M. — Airmen 1st Class Nicholas Amari of Indiana Air National Guard the Fort Wayne Ind., Matthew Armijo of Ramstein Air Base, Ger-many, Jesse Cox of Davis-Monthan AFB, Jose Gutierrez Jr. of Minot AFB, and Faith Walker of Grand Forks AFB.



Tops in Blue 2007 cast members rehearse in their production center at Lackland Air Force Base, Texas. The Air Force's expeditionary entertainers will hit the road in April and will perform approximately 140 shows at 110 locations in 30 countries and to 300,000 Airmen and their families. (U.S. Air Force photo/Robin Cresswell)

# AF SVS FitFactor celebrates National Nutrition Month

By David Brittain  
Youth Development Specialist  
HQ/A1SP

The Air Force Services Family Member Programs FitFactor initiative is celebrating National Nutrition month in March. FitFactor is a web based youth fitness and health incentive program that encourages youth, families and friends to get active together and have fun as they make a commitment to Get Up, Get Out and Get Fit. Youth receive points for activities they complete and are awarded small incentives to help them stay on the fitness path for each FitFactor level they achieve.

Good nutrition is one component of the FitFactor program and a healthy lifestyle. To celebrate National Nutrition month, FitFactor will offer double points for the eating healthy selections, highlight the Food Pyramid on the youth Be Healthy webpage and provide resources for youth and teens to make healthy nutrition decisions.

In a world that is quickly becoming super sized, our youth included, it is time to start making healthy decisions and lifestyle changes that promote physical activity and proper nutrition. In order to influence and educate younger children, the FitFactor program



Youth From Charleston Air Force Base, S.C., mix up a healthy FitFactor snack. (U.S. Air Force photo/File)

is now open to 6-8 year old youth up through 18 years old. Healthy habits last a lifetime and should start early in life.

According to the American Dietetic Association, families should follow these simple steps to promote healthy lifestyles and the National Nutrition Month is a perfect reason to institute change.

- \* Develop an eating plan for lifelong health. Get back to basics and use the Dietary Guidelines for Americans and MyPyramid resources to guide healthy eating.

- \* Choose foods sensibly by looking at the big picture. A single food or meal will not make or break a healthy diet. When consumed in moderation, all foods can be part of a healthful diet.

- \* Find your balance between food and physical activity. Regular physical activity is

important for your overall health and fitness, plus it helps control body weight, promotes a feeling of well being, and reduces the risk of chronic diseases.

"FitFactor is an awesome program and I hope to reach all of the levels and more! Now I am playing more and eating healthy," said 11-year-old Kaitlyn from Hurlburt Field, Fla.

Air Force Youth Programs strive to make healthy habits fun and attainable for all of our families.

The second year of the FitFactor program launched Air Force wide on Oct. 7, 2006 and the new website can be viewed at [www.afgetfit.com](http://www.afgetfit.com).

Contact your local Youth Programs for more information or to register your child in the FitFactor program.





## Father knows best

Airman 1st Class Jonathan Upshur, 305th Services Squadron, McGuire Air Force Base, N.J., is being promoted while stationed in Iraq a few weeks ago. Who is pinning him? That is his dad, CWO3 Johnnie Upshur, who is also stationed in Iraq, five minutes away from him. His father is an engineer with the 10th Infantry, 10th Mountain Division. Airman Upshur knew his dad was deployed since last August, but wasn't sure where. His first day on station in Iraq, his father walked up to him and surprised him so much he forgot to salute!

Airman 1st Class Jonathan Upshur getting tacked on by his dad CWO3 Johnnie Upshur. (U.S. Air Force photo/File)

# Teaching infants to 'Talk Before They Can Talk'

By Candace Bird  
AF/A1SP

The Air Force recently selected nine base-level staff members to attend DOD Joint-Service training and become certified Master Trainers in the "Baby Signs" infant sign language program.

The training was held at Navy Point Loma and brought together 50 staff members from across the four service branches and their respective headquarters.

Currently, 40 Air Force bases have been identified to receive training and serve as pilot sites for the DoD-wide initiative.

The Baby Signs program benefits children by facilitating language development through teaching children to associate

gestures with the spoken word and concepts in their environment.

By doing so, children are able to communicate needs, feelings and thoughts to parents and caregivers.

The program is based on research dating back 20 years and has been shown to enhance children's language, cognitive, and social-emotional development.

Selected pilot sites will implement the Baby Signs program in Family Child Care



Air Force attendees at DoD Joint-Service Infant Sign Language Training. (U.S. Air Force photo/File)

homes and/or Child Development Centers as well as offer parent education sessions to increase awareness of the benefits of infant sign language.



## Names, faces in the news

### Agency names 2006 annual award winners

Air Force Services Agency has named its 2006 annual award winners. These folks have done an outstanding job and went on to compete in the Small Associate Unit level competition.

They are:

Military winners:

CGO: **Capt. Elenah Kelly** (CDM)

SNCO: **Master Sgt. Ron**

**Kapperman** (SVX)

NCO: **Tech. Sgt. Michael Barkster** (SVP)

Civilian winners:

Category I: **Eduardo Flores** (CDS)

Category II: **Latricia James** (SVT)

Category III: **Janette Gonzales** (SV))

#### Small Associate Unit winners

Agency annual award winners, shown above, competed in the Small Associate Unit competition at Randolph Air Force Base, Texas.

The Agency had two winners. They are **Janette Gonzales**, who won the civilian Category III, and **Capt. Elenah Kelly**, who won in the Company Grade Officer category.

Both will now compete for base honors.

### Davis-Monthan award winners

**Kathryn Nickola**

355th Services Squadron  
Junior Civilian Employee of the Quarter

**Airman 1st Class Ruby Rivera-Reyes**

355th Services Squadron  
Airman of the Quarter



### Incirlik arts and crafts

More than 70 Incirlik Air Base, Turkey, members submitted artwork for the U.S. Air Forces in Europe Artist and Craftsman competition. The artwork was showcased at the Incirlik Consolidated Club and viewed by more than 200 people. The artwork was then sent to compete at the USAFE level and Incirlik had 10 of the 50 pieces of art selected for the Air Force showcase. (U.S. Air Force photo/Chris Galindo)

### Mountain Home top performers

Senior officials with the 366th Mission Support Group at Mountain Home Air Force Base, Idaho, announced their top performers for the last quarter of the year.

**Senior Master Sgt. Victor**

**Tennant**, 366th Services Squadron, claimed the senior NCO of the quarter honor.

The 366th MSG includes more than 2,400 military, civilian and contract personnel. Its people manage \$230 million in programs covering personnel and administrative support, security, communications, services, logistics readiness and infrastructure support and development for the 366th Fighter Wing.

# Randolph retiree wins Football Frenzy

By Staff Sgt. Lindsey Maurice  
Randolph Air Force Base, Texas, Public Affairs



Adam Gonzalez and wife, Maria, celebrate after learning that he had won a Super Bowl XLI package. (U.S. Air Force photo/File)

What started out as a typical Sunday of watching football at the enlisted club turned into a day one Randolph Air Force Base, Texas, retiree will never forget.

Through the Football Frenzy program, Retired Master Sgt. Adam Gonzalez Jr. was one of four people Air Force-wide to win a Super Bowl XLI package complete with round-trip air fare, hotel accommodations, local transportation and tickets to the game in February.

"I was very nervous and excited when they told me," said Mr. Gonzalez. "I didn't expect it at all. It was a great surprise."

"We try to go to the club and watch the games every Sunday," he said.

Since the college and NFL football seasons began in September, about 135 Randolph customers have participated in the Football Frenzy program each week, watching games and entering prize drawings. Mr. Gonzalez and his wife made sure to enter the drawing

each week with the other participants, which led to his big win.

"We're all really excited for Mr. Gonzalez," said Marilyn Gove, Randolph Enlisted Club manager. "We've had a lot of great supporters of the Football Frenzy program, like the Gonzalez's. I think what makes Randolph so special is that employees and club members buy into and support the program, especially after witnessing someone from Randolph winning every year for the last eight years."

## AAFES check benefits Lackland SVS

A giant check for \$605,270 from the Army and Air Force Exchange Service to benefit Lackland Air Force Base, Texas, morale, welfare and recreation activities is presented during a recent wing staff meeting to Brig. Gen. Darrell Jones, 37th Training Wing commander. Presenting the check are General Manager Julie Cosby and Lackland Main Exchange Manager Scott Maynard. Ms. Cosby said the funds were generated by sales at all Lackland AAFES stores. (U.S. Air Force photo/Alan Boedeker)



# Present Arms! Vandenberg Airman joins USAF Honor Guard

**By Staff Sgt. Allen Puckett**  
Vandenberg Air Force Base, Calif., Public  
Affairs

While standing firmly at attention in the middle of a stadium somewhere in the heart of Los Angeles, one Airman watches as thousands of cheering fans, athletes, celebrities and news broadcasters fall silent, stop what they're doing and stare directly at him.

While some would be a nervous wreck in this type of situation, this Airman doesn't mind the attention. He actually enjoys it.

Staff Sgt. Aaron Gray, a bioenvironmental engineer with the 30th Medical Group at Vandenberg Air Force Base, Calif., has been a member of the base Honor Guard for the past three years and has loved the experience so much that he decided to make a full-time job of it by applying for the U.S. Air Force Honor Guard team at Bolling AFB, D.C.

After speaking to his leadership about the decision and

submitting the required paperwork, Sergeant Gray heard the good news from D.C.

"It was unbelievably exciting to hear that I made it," Sergeant Gray said. "I called my wife up to tell her and she was pretty much screaming on the other end of the phone. So we were both pretty happy about it."

As a member of the USAF Honor Guard, Sergeant Gray will be responsible for representing the United States and the U.S. Air Force in a variety of military and civilian ceremonies throughout D.C.

"It's a very tough but rewarding job," said Staff Sgt. Andrew Absher, a planner with the 30th Logistics Readiness Squadron, who recently fin-



**Staff Sgt. Aaron Gray, 30th Medical Group recently accepted an assignment to serve on the U.S. Air Force Honor Guard at Bolling Air Force Base, D.C. Sergeant Gray has served on the base honor guard for three years. (Air Force photo/Staff Sgt. Allen Puckett)**

ished a tour with the U.S. Air Force Honor Guard. "When you're doing six to eight funerals a day it can be physically and emotionally draining, but it's very important, first and foremost, to provide funeral honors for the people who made the ultimate sacrifice and to be there for their family members."

Providing funeral honors was one task that initially moti-

**Continued on next page**



## Vandy Airman on his way to D.C. *continued from page 26*

vated Sergeant Gray to join the base honor guard, he said.

"A lot of people stay away from the honor guard because you're around families at their weakest point, but it's always a special thing to give the loved one a flag ... you can always tell that they really appreciate it," Sergeant Gray said. "You also get a chance to hear stories from some of the vets, especially from the World War II era, who really appreciate that kind of thing."

In addition to funeral details, Sergeant Gray may also have the opportunity to perform with the drill team and colors flight while performing in joint service ceremonies and at official events involving the President and senior leadership from the Department of Defense.

"I'll most likely be put on a colors team because of my height," the 6-foot-1-inch

Sergeant Gray said. "It's exciting because there are always big crowds watching you pay respect to the flag, which is a very important military tradition."

As ambassadors for the Air Force, all honor guard Airmen must be sharp and prepared to participate in high-profile events, said Sergeant Absher.

"I was part of a Joint Service Guard of Honor that guarded President Reagan's casket for two days," he said. "I had a chance to hear (Vice President Dick) Cheney speak and see about 500 people including congress members and chief justices. It was definitely the biggest thing I've ever done."

Sergeant Gray looks forward to the new challenges and believes that his time spent with the base honor guard has prepared him for his next assignment, he said.

"The practice and the details keep you sharp, so you're always learning," Sergeant Gray said. "If there's a mistake and you're trained up well enough, which the team here definitely is, you'll know to compensate for it."

"Sergeant Gray is the perfect candidate for the U.S. Air Force Honor Guard, not only because of his height and build, but also his perfect discipline and mentality," Sergeant Absher said. "They need NCOs that can really take charge."

Overall, serving on the honor guard has been one of Sergeant Gray's favorite things about the military and he encourages others to get involved, he said.

"It's been a very rewarding position," he said. "If anyone is even considering it, they should talk to Tech. Sgt. McAlister."

"You definitely get more out of it than you pay in," he added.

### Opening ceremonies

Members from the Blue Eagles Total Force Honor Guard at March Air Reserve Base, Calif., prepare to present the colors during the opening ceremonies at a recent drifting event at the Irwindale Speedway which was co-sponsored by the Air Force Reserve Command. The event featured some of the best professional drifters in D1 taking on some of NASCAR's brightest stars, including Kasey Kahne, Matt Kenseth, Bill Elliott, Greg Biffle, Robby Gordon and Casey Mears, in a drifting exhibition. (U.S. Air Force photo/Erickson Barnes)



# Ellsworth's Top Chef

**By 2nd Lt. Lauren Wright**  
**Ellsworth Air Force Base, S.D., Public**  
**Affairs**

He's served Condoleezza Rice and Newt Gingrich. During his tour at the Pentagon, the Chief of Staff and Secretary of the Air Force devoured his recipes. Now, Tech. Sgt. Wesley Williams, 28th Services Squadron, is bringing his 14 years of culinary experience to Ellsworth as the Bandit Inn dining facility manager.

Sergeant Williams is responsible for all food service activities at the Bandit Inn here. He also supervises a team of roughly 40 people that provide meals to nearly 500 Airmen and retirees each day.

"My job is to make sure food service operation is running at full throttle," Sergeant Williams said. "I make sure all key personnel in key positions are following Air Force food service guidelines."

Sergeant Williams comes to Ellsworth with an impressive resume. He's served ambassadors and presidents of African nations as the headquarters chef for the deputy European commander. He was also stationed at the Air Force Executive Dining Facility at Headquarters Air Force in the Pentagon. There he was promoted from a primary worker to NCO in charge of all areas of the facility, including wait staff, kitchen production, purchasing and receiving, and catering.

Sergeant Williams has also been point-man for the personal dining room of the Chief of Staff of the Air Force and Secretary of the Air Force where he served strictly Air Force generals, civilian equivalents and their guests.

Sergeant Williams was trained at the Culinary Institute of America in New York and briefly attended Stratford University's culinary program. Now he's bringing those skills to Ellsworth Airmen.

"I wanted to come to food service at the base level because I wanted to come back to the dining facility and teach the new guys that there is more than one way to do things," he said.

Sergeant Williams' efforts at Ellsworth have also affected unit morale, said 2nd Lt. Matthew Dunn, 28th Services Squadron combat support flight commander. For instance, in late October Sergeant Williams hosted a gourmet style going away for two of the Airmen in his unit and he's constantly striving to improve.

Sergeant Williams watches culinary television shows and has a food resource center at home, consisting of cookbooks, articles and magazines.

"He takes pride in his kitchen and instills that pride in other Airmen," Lieutenant Dunn said.

Sergeant Williams started placing cards in front of entrees with the name of the chef who prepared it.



**Tech. Sgt. Wesley Williams, 28th Services Squadron dining facility manager, garnishes a dish at Ellsworth's Bandit Inn for a farewell luncheon for Airmen in his unit. Sergeant Williams has served Air Force leadership and other distinguished guests at the Pentagon; now this chef is bringing his culinary skills to Ellsworth. (U.S. Air Force photo/Airman Nathan Riley)**

"When people find a dish they like, they ask for the chef who prepared the meal to thank the cooks one-on-one," Lieutenant Dunn said.

That "thank you" is one of the joys of cooking, according to Sergeant Williams.

"There is a thrill in having people compliment you on how your food looks and tastes," he said.

**Continued on next page**

## Ellsworth chef shares recipes *continued from page 28*

### **Rainbow Fruit Stuffed Pork Tenderloin**

#### **Ingredients**

1 pork tenderloin  
1 pack dried mixed fruit —  
coarsely chopped  
1 tablespoon fresh rose-  
mary —coarsely chopped  
1 tablespoon fresh thyme  
—coarsely chopped  
4 garlic gloves — finely  
chopped  
1 tablespoon kosher salt  
1 tablespoon cracker pep-  
per corns  
Olive oil  
Parsley for garnish

Fabricate the tenderloin  
by cutting off all silver  
skin.

Coarsely chop bag mixed  
fruit in food processor.  
Insert a metal dowel or tool  
into the end of the meat.

Stuff the fruit inside.

Season the tenderloin  
with the olive oil and dry  
herbs.

Sear the tenderloin on  
all sides in a very hot pan.

Cover the meat and  
finish cooking it in a 350-  
degree oven until the  
center of the meat reaches  
165 degrees.

Cook for approximately  
20 minutes.

Let it rest for about 15  
minutes depending on  
meat size.

Cut into medallions.

### **Cheddar Fried Grits**

#### **Ingredients**

2 cups water  
1 cup grits  
1/4 stick of butter  
1/2 cup grated sharp ched-  
dar cheese  
1 cup flour  
2 cups bread crumbs  
4 eggs for egg wash  
1 cup milk divided  
Salt and pepper to taste  
Oil for frying

Heat two cups of water in  
a pot until boiling.

Add the grits, stir con-  
tinuously until finished  
cooking.

Add the butter, 1/2 cup of  
milk, cheddar cheese, and  
salt and pepper to taste.

Pour the grits into a  
square pan and put it into  
the refrigerator until com-  
pletely chilled.

Wait about 30 minutes.  
After the grits have chilled  
completely, cut the grits  
out with a small biscuit  
cutter.

Cautiously flour, egg  
wash and bread crumb onto  
each circled grit.

Fry in hot oil until golden  
brown.

### **Blueberry Coulis**

#### **Ingredients**

1 pint fresh blueberries—  
take out some for garnish  
1 tablespoon grated orange  
peel  
1 teaspoon grated lemon  
peel  
2 tablespoon sugar  
Water to cover blueberries

Pour the blueberries  
along with the water (just  
enough to almost cover the  
blueberries) and sugar into  
a pan.

Boil until all blueberries  
have cooked.

Strain the cooked blue-  
berries from the liquid and  
add the lemon and orange  
peel.

Let steep until cool.

#### **Plating**

Put coulis in the middle  
of the plate.

Center a piece of the  
cheddar grits in the coulis.

Place one medallion on  
top of the grits.

Continue this process  
until there is two pieces of  
meat along with the two  
pieces of grits.

Garnish with the re-  
maining blueberries and  
parsley.



# A good egg

## *Hurlburt Youth Center assistant bounces into magazine award*

**By Dylan Laurie**  
Hurlburt Field, Fla., Public Affairs

Kathy Moore, 1st Special Operations Services Squadron lead program assistant at Hurlburt Field, Fla., was named one of five Grand Prize Professional Award Winners for 2006 by "Scholastic Early Childhood Today," and was featured in the November/December 2006 publication of the magazine.

Mrs. Moore won the award for her professional commitment to military children, according to Liz Porath, 1st SOSVS (acting) school-age coordinator.

"Many of the children experience parent deployments, relocation from family - grandparents, cousins, aunts and uncles," Mrs. Porath said. "Kathy is one of the constants in their lives."

She manages the general operations of the arrival and departure of up to 120 children to and from school, as well as plans for summer camp and mini camps.

She has established a pen pal program with children in a village in Rwanda, Africa, as well as children at other military bases, helped organize a clothing drive for the victims of Hurricane Katrina, and this year became a certified CPR and First Aid Instructor.

Mrs. Moore also motivates children to succeed academically, according to Mrs. Porath.

Although it can be difficult sometimes, cleaning up and dealing with children whose parents are deployed or going through divorce, it allows for the greatest of rewards.

"I enjoy being able to make a child smile," Mrs. Moore said.

"Ronda Brin was doing a science experiment with raw eggs and vinegar, and she let the egg sit for a week in the vinegar to make it rubbery. A week later Hope Hardman showed me that it bounced, then she said, 'Ms. Kathy you bounce it.' Next thing I know the egg broke and I had raw egg and vinegar smell all on my shoes and clothes."

Afterward, Mrs. Moore discussed different smells with the children, but they would not come to close to her.

"The kids would tease me and say

they could smell me a mile away," Mrs. Moore said.

The award included an all-expenses paid trip to the National Association for the Education of Young Children Annual Conference in Atlanta.

She was also awarded a scholarship for her continued education in the field of early childhood education.



Kathy Moore helps children with their homework during the power hour at the Hurlburt Field, Fla., Youth Center. (U.S. Air Force photos/Dylan Laurie)





# PROFILES FROM THE FRONTLINES

(U.S. Air Force photos,  
interviews/Capt. Willie Rudd)

**Capt. David Boyer**



Commander, 506th ESVS  
Squadron, Kirkuk Air Base  
Hometown: Salt Lake City,  
Utah

Home station: Charleston  
AFB, S.C.

Number of times deployed: 3

Deployment goals: To improve the Quality of Life for Airmen by providing great MWR programs and customer service. Ensuring everyone returns safely from this deployment.

Best part of this deployment: Feeling like we have a direct impact on the success of this deployment.

Hobbies: Basketball, football, mountain biking, and cars.

Best military memory: Returning home from my last deployment and seeing all my friends and family there.

**Capt. Timothy Smith**



Commander, 407th ESVS  
Squadron, Ali Base

Hometown: Kilgore, Texas  
Home station: Altus AFB,  
Okla.

Number of times deployed: 3

Deployment goals: Continue to improve MWR functions with our deployed Services Professionals!

Best part of this deployment: I'm in Iraq! What better place can there be? I mean seriously this is what I live for!

Hobbies: Anything to do with firearms. I love to shoot pistols and rifles so I guess that is why I am having a blast here in Iraq.

Best military memory: After being told that we never get attacked and the phone never rings and that the radio never goes off, and 9 hours after getting off the plane we had a rocket attack that hit in camp.

**Capt. Sandra Quinones**



Commander, 40th ESVS  
Flight, Diego Garcia

Hometown: Apex, N.C.

Homestation: Robins AFB,  
Ga.

Number of times deployed: 2

Deployment goals: Ensure that the 40th AEG personnel have a fun time and establishing the Search & Recovery program.

Best part of this deployment: The best part of my deployment was meeting and working with my contractor staff and Navy counterparts. They embrace you just like you are part of the family.

Hobbies: Having FUN!

Best military memory: ALL of it!

# **FITNESS SPORTS**

## **Team Sheppard member pedals 1,200-mile 'Tour de Sheppard'**

By Airman 1st Class Jacob Corbin  
Sheppard Air Force Base, Texas, Public Affairs

Biking the 2,400 miles of the Tour de France is a difficult accomplishment that takes even the greatest bikers in the world around three weeks to complete.

But through a program offered by the 82nd Services Division, Sheppard Air Force Base, Texas, members with access to the fitness centers may get a taste of what it's like to bike across country.

In fact, Michael Pierce, a retired senior master sergeant, now working as a course supervisor with the 82nd Medical Operations Squadron, completed the "Tour de Sheppard" recently. Mr. Pierce has worked toward this goal since August and received a shirt from the 82nd SVS for doing it.

The Tour de Sheppard is a 1,200-mile biking marathon completed either on stationary bike at the fitness centers or at home on a participant's own real bicycle.

It is half the length of the original tour and is a self-paced exercise program which participants may start at any time, said Billy Irions, sports specialist with the 82nd SVS.

Mr. Pierce said he enjoyed running to keep fit, but an injured knee and two knee surgeries prevent him from doing so.

"I used to run a lot," he said. "My running days are over now, though."

He said he split his time between stationary bikes at the Pitsenbarger and riding a real bike, doing only 550 miles of it at the gym.

Continued on next page



Michael Pierce, a retired senior master sergeant now working as a course supervisor with the 82nd Medical Operations Squadron at Sheppard Air Force Base, Texas, bikes at the Pitsenbarger Fitness Center. Mr. Pierce recently became the first Team Sheppard member to complete the 82nd Services Division's "Tour de Sheppard." (U.S. Air Force photo/Airman 1st Class Jacob Corbin)



# Keesler's Gaudé Lanes reopen, Mama Gaudé attends ceremony

By 2nd Lt. Nick Plante  
Keesler Air Force Base, Miss., Public Affairs

Gaudé Lanes returned to the Keesler Air Force Base, Miss., recreational entertainment scene recently, with improved amenities to enhance the base population's bowling experience.

The center closed in May for repairs due to the damages it sustained from Hurricane Katrina.

The lanes were replaced due to warped boards underneath the lanes, and new masking units above the lanes were purchased and replaced, said Jeanie Lessley, 81st Services Division business operations flight chief.

Ms. Lessley said the center was painted, the flooring and carpeting were replaced and the restrooms were remodeled.



Hortense "Tonsie" Gaudé, 103, of Biloxi cuts the reopening ribbon at Gaudé Lanes, which is named after her late son, 1st Lt. Robert Gaudé. The facility has been closed for repairs since May. (U.S. Air Force photo/Kemberly Groue)

Other improvements include a remodeled customer service counter, new ceiling tiles, a

landscaping project and new bowling balls.

The project cost more than \$329,000, said David Horner, 81st Civil Engineer Squadron project officer.

Gaudé Lanes was named after the late 1st Lt. Robert Gaudé Jr. Lieutenant Gaudé, an Air Force F-84 pilot born in Biloxi in 1930, died in combat while on a bomb run in North Korea in 1953.

The bowling center was named to honor Lieutenant Gaudé's sacrifice. Hortense "Tonsie" Gaudé, Lieutenant Gaudé's mother, attended the center's reopening ceremony.

Mrs. Gaudé, who is 103 years old, is known for her volunteerism and service within the Biloxi, Miss., community.

She was invited to cut the opening ribbon at the ceremony and given a tour of the facility.

## 1,200 miles in the same place *continued from page 32*

"Sitting in here on a stationary bike is boring," Mr. Pierce said.

Mr. Irions said he developed the program in May 2006 after seeing a biking program was needed amongst the other numerous programs held at Sheppard.

"It will give all Sheppard personnel a great cardio workout with a goal to shoot to," he

said. "It will also help with the Air Force fitness test as it builds cardio stamina."

Mr. Pierce may have been the first to finish the Tour de Sheppard, but the program is still going strong, in fact there are two individuals at 800 miles and closing in on the final goal.

Currently there are 40 people attempting to join him at the 1,200 mile mark.

## ***78,000 square feet of fitness heaven***



# **Randolph opens new fitness center**

Randolph's long-awaited, state-of-the-art fitness center is now open (U.S. Air Force photos/Melissa Peterson)

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**By Staff Sgt Lindsey Maurice**  
**12th Flying Training Wing Public Affairs**  
**and Steve Knechtel**  
**12th Services Division**

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After more than two years of construction, the new state-of-the-art \$13.9 million Rambler Fitness Center at Randolph Air Force Base, Texas, opened for business in February.

The opening day festivities, which begin with the unveiling of the dedication plaque and ribbon cutting ceremony, include various contests and prize giveaways, an aerobathon from 11 a.m. to 3 p.m., equipment demonstrations, guided tours, juice bar samples and a special "Chiefs and Eagles" volleyball tournament between the 12<sup>th</sup> Flying Training Wing and mission partners.

"Randolph men and women have never had a facility dedicated solely to fitness until now," said Randy Harris, 12th Services Division Combat Support Flight chief. "We are

very excited and honored to be able to present them with such an amazing facility."

In all, the new center features a 12,000 square foot cardiovascular and strength training room with more than 250 pieces of new equipment, 20,000 square foot main gym with two pro-sized basketball and volleyball courts, 4,700 square foot health and wellness center, an eighth of a mile cushioned indoor track, 24-foot climbing wall, three racquetball courts, four exercise rooms, a spinning class room, massage therapy room, family exercise room, juice bar and men's and women's locker rooms.

"This major construction project has enabled us to move out of the two pre-World War II hangars with painted windows into an unbelievable 78,000 square foot technologically-advanced fitness facility," said Mr. Harris. "I don't think Randolph men and women could have imagined a better fitness center."

The new center also includes a \$198,000 audiovisual package that links more than 100 TV monitors and personal viewing screens attached to the cardio equipment. In addition, special software allows cross-marketing of 12th Services Division activities on five dedicated monitors within the facility, said Mr. Harris.

Another key feature to the new facility is the staff's ability to centrally monitor the audio visual system and security cameras (located throughout the facility) from the customer service control center, he said. From a desktop computer, workers can provide immediate, facility-wide weather or security alerts that override all the AV and PVS equipment.

"This is truly the best fitness facility in the Air Force and I see it becoming a benchmark for fitness center operations around the globe," Mr. Harris said.

**Continued on next page**

## After nearly two years, Randolph opens new fitness center *continued from page 34*

While parking was a concern at the previous facility, the new center offers 175 parking spaces including side streets. The old lemon lot across the street between Grater and Rambler Fields is also available to customers for parking in addition to another parking lot southwest of the building.

The base officially broke ground for the Rambler Fitness Center, located on H Street and First Street East, across from the Air Education and Training Command Lahm Conference Center, on Nov. 19, 2004. Since then, the 12th Services Division staff and the Randolph

community have anxiously awaited its completion.

"It's been a long time coming, but it's definitely worth the wait," said Terrye Heagerty, 12<sup>th</sup> Services Division director. "I am extremely proud and pleased to be able to provide this vastly improved level of service to the Randolph community."

The fitness center's hours of operation will remain the same as in the old facility: Monday through Friday from 5 a.m. to 11 p.m. and Saturday and Sunday from 8 a.m. to 7 p.m.

The facility is open to all Department of Defense ID cardholders.

The new center's name derives from the legendary Army Air Force Randolph Rambler football team that tied the University of Texas Longhorns 7-7 in the 1944 Cotton Bowl.

The sole surviving member of the base team, Walter Parker, was a special guest at the ceremony.



Two hundred fifty pieces of new equipment



20,000-square-foot main gym with professional-sized courts



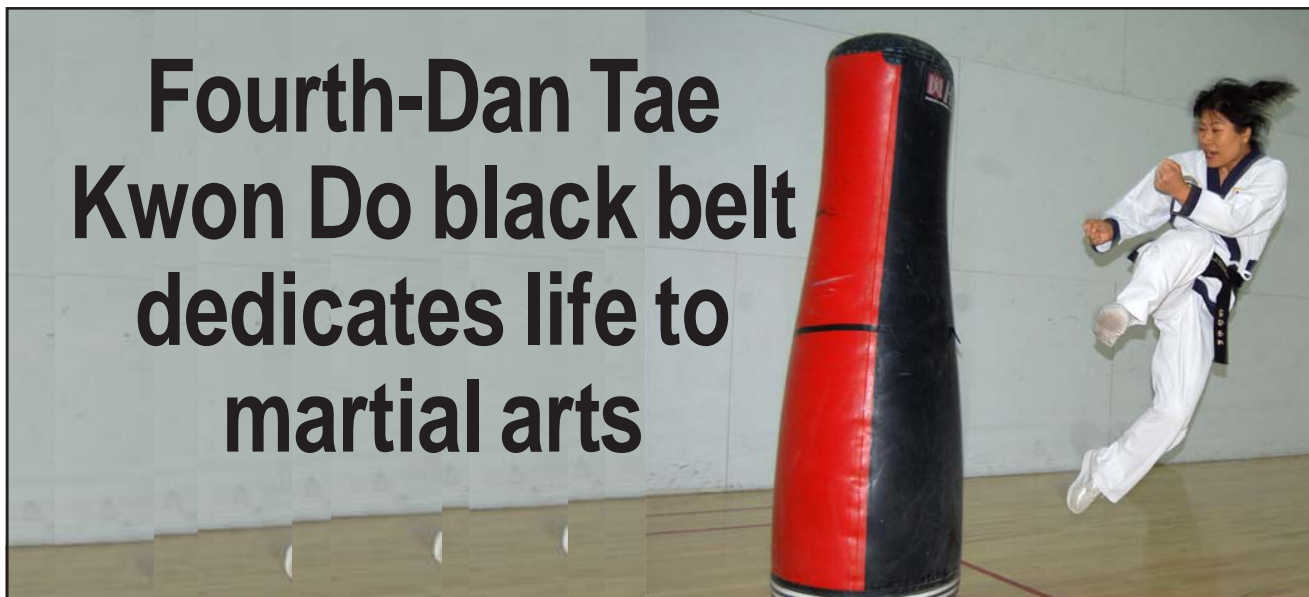
Parent work out and child play area



One-eighth-mile cushioned indoor track



## Fourth-Dan Tae Kwon Do black belt dedicates life to martial arts



Kumye Moore performs a jumping side kick for her students. (U.S. Air Force photo/Airman 1st Class Julius Delos Reyes)

**By Airman 1st Class Julius Delos Reyes**  
Edwards Air Force Base, Calif., Public Affairs

Walking in a hallway beside a big muscular man at the Edwards Air Force Base, Calif., Rosburg Fitness Center, Kumye Moore, wearing a black jacket and a white pair of pants, looked like a cat beside a lion.

With a small stature of five feet, small slanted eyes and a smiling face, she seemed defenseless.

However, what is hidden inside the diminutive woman is a World Tae Kwon Do Federation fourth Dan black belt instructor.

Ms. Moore teaches students from ages 4 to 65 about good physical and mental strength. She has been teaching since 1998; first as an assistant instructor at Osan Air Base, South Korea and then as an instructor in Andersen Air

Force Base, Guam, for four years.

"I like teaching Tae Kwon Do," Ms. Moore said in a thick Korean accent. "It makes my students healthier and stronger, and it builds self-confidence."

Tae Kwon Do is the national sport of Korea. Presently, Tae Kwon Do has a worldwide population of about 60 million practitioners.

Students, under her tutelage, first learn the basic foot and hand techniques such as kicking and punching characterized by Tae Kwon Do.

Ms. Moore also teaches Tae Kwon Do Olympic sparring. As the students upgrade their ranking, they learn a more difficult and higher form of the martial art.

Included in her syllabus is teaching the poomsae form technique involving predetermined and choreographed routines, sequences and

patterns resembling real combat, but are artistically non-combative, she said.

"Ms. Moore is firm and disciplined in her art," said Eleanor Hoagains, JT3 Unysis personnel and a Tae Kwon Do yellow belt. "She takes her teaching very seriously as far as making us understand our movements properly. In the beginning it was difficult (for me) because I don't understand the Korean language but I like her teaching a lot. When she is teaching us, she is making sure that we learn right. She makes sure that our stance and our techniques are correct before we proceed to the next technique."

Ms. Moore is very patient, Ms. Hoagains said. She demonstrates her teaching very well, and her techniques are sharp.

Students not only learn Tae Kwon Do, they compete as well.

**Continued on next page**

# Harlem Globetrotters visit Sheppard

Harlem Globetrotter Otis Key signs an autograph for Madrigal Youth Center School Age program member Hunter McCracken. Mr. Key spent the evening signing autographs and meeting Team Sheppard members.



Harlem Globetrotter Otis Key teaches a basketball trick to Michael Harris, a participant in the Madrigal Youth Center's School Age program, at the Pitsenbarger Fitness Center at Sheppard Air Force Base, Texas. Mr. Key spent the evening signing autographs and meeting Team Sheppard members. (U.S. Air Force photos/Airman 1st Class Jacob Corbin.)



## Edwards' black belt shares Korea's 'gift to the world'

*continued from page 36*

Ms. Moore's team participated in the 2006 Invitational Tae Kwon Do Championship at Fairfax High School in Los Angeles where her team won various medals.

"Tae Kwon Do makes you more patient since you have to do the techniques over and over again," Ms. Moore said. "It makes you mentally and physically stronger."

Tae Kwon Do lets human characteristics change from negative attitude to positive attitude by self-confidence, she

said. Tae Kwon Do is a modern sport with a philosophical factor, which helps people to have self-confidence and self-pride. To make it short, Tae Kwon Do is a martial art that makes individuals mature and perfect.

For the love of Tae Kwon Do, Ms. Moore devoted almost her entire life in learning the art.

Growing up in South Korea, she started learning Tae Kwon Do when she was 13 years old. Marriage, age and motherhood didn't diminish her love and

discipline for the art. In fact, her love was passed to her children. Her son is an 18-year-old third Dan black belt and her daughter is a 10th grader with a second Dan black belt.

"Tae Kwon Do is Korea's gift to the world and I want to share the knowledge from this sport with all Tae Kwon Do students," Ms. Moore said. "I want to teach students the dynamic, the mental and technical structure in which every movement is connected."

# Andersen finds new ways to engage in fitness

By Staff Sgt. Patrick Mitchell  
36th Communications Squadron

The Coral Reef Fitness and Sports Center at Andersen Air Force Base, Guam, recently added a new fitness assessment room and a new machine to their plethora of equipment.

The fitness assessment room has new equipment to provide members with goals and lifting techniques. The equipment also identifies strengths and weaknesses of Air Force members.

"The fitness assessment room lets Andersen personnel know where they stand in relation to the five components of fitness," said Master Sgt. Meshelle Dyer, 36th Services Squadron section chief.

The room consists of equipment that measures body composition, cardiovascular endurance, muscular strength, muscular endurance and flexibility. In addition to the fitness assessment room, the fitness center has recently added a treadwall, which simulates rock climbing and gives individuals a full body workout.

"It gives Andersen members a different way to exercise," said Sergeant Dyer.

The treadwall directly affects cardiovascular endurance and muscular strength and endurance.

"The machine is shown to reduce tension and anger, and it increases the sense of relaxation and well being," said Sergeant Dyer.



Senior Airman Fredrick Stewart, 36th SVS, assembles the Tread Wall. (U.S. Air Force photos/Staff Sgt. Patrick Mitchell)



Shamra Slappey, 36th Services Squadron fitness center director, interprets data on the computer as Master Sgt. Meshelle Dyer, 36th Services Squadron section chief, measures her bicep strength on the Micro Fit in the new fitness assessment room.





Tiffany Johnson reaches for the top of the over-vertical wall at the Indoor Climbing Wall at Outdoor Recreation. (U.S. Air Force photos/Jennifer Brugman)

**By Jennifer Brugman**  
Travis Air Force Base, Calif., Public Affairs

It has all the drama of an action movie without the high ticket prices.

The Indoor Climbing Wall at the Travis Air Force Base, Calif., Outdoor Recreation Center can provide anyone on Travis with a safe, exciting way to get some strength training. "The Wall," which, at its highest point is 25 feet tall, gives anyone who is interested a chance to get a taste of rock climbing.

"It's a gateway into climbing," said Ben Evers, Outdoor Adventure assistant director. Outdoor Recreation offers a Belay class every Monday from

# Travis Climbing Wall pushes limits

noon to 1 p.m. Participants learn how to use the equipment, voice commands, knots and safety. The class lasts from 30 to 45 minutes.

"The 'hands-on' climbing class is enjoyable, especially the portion where you control the descent of the climber with the belay harness," said Tech. Sgt. Margaret Merin, 60th Equipment Maintenance Squadron, air metal technology specialist.

"It's a great sport," Mr. Evers said.

He recommends it to anyone who is looking to increase upper body strength, get a

sense of accomplishment from their workout or even conquer a fear of heights.

Completing the class and continuing to climb regularly provides a complete workout that's safe and provides good flexibility.

"Climbing in gyms or outside on real rock causes the body to use just about every muscle in the body," said Brandon Lavin, Outdoor Recreation director.

While rock climbing is a good way to get fit, it is also a fun activity for the family. Some mothers will bring their families in and belay while the kids climb, according to Mr. Evers.



Brody Johnson climbs The Tower at the Outdoor Recreation Indoor Climbing Wall. The Tower features a large overhang with few holds on the wall to provide a challenging climb. The climbing wall is open every day and is free for active duty. However, climbers must bring their own belayers. Belayers are the people on the other end of the rope who control the falling climber so they do not fall very far.

# Fight Night brings large crowd, many boxers to fitness center

By James Baker  
Wright-Patterson Air Force Base, Ohio,  
Public Affairs

The first "Fight Night" at the Wright-Patterson Air Force Base, Ohio, Wright Field Fitness Center featured boxers of all skill levels and ages.

An array of upper cuts, jabs, crosses and hooks were witnessed by the overflowing crowd that gathered around the fitness center's upstairs boxing ring.

Wright-Patterson boxing coach Al Carson said the large crowd and number of entrants was an unexpected surprise, but posed some challenges for organizers of the event.

"The next time we will be better prepared," he said. "We are talking about having one every three months. Everyone had a good time and no one was injured."

Mr. Carson said training is a key element to stepping in the ring, and those not prepared will quickly feel the effects.

"The participants now have a better understanding of what boxing is, especially those who have never boxed before," said Mr. Carson.

The first match of the evening featured licensed fighters who entertained the crowd in both of their one minute rounds. Reanna Dawson and Regan Jackson, 8-

year-old girls, featured non-stop action that rivaled their older counterparts.

Several women's matches were followed by a few younger matches that kept the spectators entertained. The evening concluded with male matches, featuring many skilled fighters. Mike Goody, Jared Philye, Arthur Johnson, Nicholas Harmon, Benito Torres and Ty Griffin were among the men who took their shot in the ring.

Mr. Torres said he was a beginner fighter who enjoyed meeting new people with similar interests and the laid back atmosphere the evening offered.

"I liked the fact that there were no winners or losers, and everyone who participated received a medal," he said. "That way people like me, with no experience, can still fight and have a good time without worrying about the pressure of it being an official match."

Gary Deaton said the event had approximately 22 fights that were safe and fun for everyone. He hopes different squadrons will compete against each other down the road.

"The event was a big success, and we hope

to do more of these in the future," said Deaton. "I would like to thank Al Carson, the medics from the 88th Medical Group and the folks from the services division for putting this on."

Dr. Paul Klimo Jr. and medics Michael Smith, Douglas Sanchez, Jacob Nordwall and Michael Helton were on hand from the 88th Medical Operations Squadron and 88th Surgical Operations Squadron to ensure everyone's safety. Mandatory protective headgear, competition gloves and chest and groin protection were in place to make sure there were no significant injuries.



# Air Force team wins Armed Forces All-Star Rugby Championships

By Ken Holliday  
Rugby Magazine

*(Note: This article is reprinted with permission of Rugby Magazine.)*

The Armed Forces All Star Championship, played at Camp Lejeune, N.C., was won by the Air Force for the third year in a row. The Air Force went undefeated through pool play and then defeated the Marine Corps 38-3 in the final behind Bert Giovanetti's 18 points.

Coast Guard took third place with a 44-3 win over Army, while Navy ended up with the wooden spoon.

The two-day tournament featured 60-minute round robin matches with each of the service teams playing the other four.

At the conclusion of round-robin play, the two teams with the best records faced off to determine first place, and the next two fought it out for third place.

Air Force qualified for the final by winning all four of its round robin matches.

On day one they defeated the Marines 13-5 in their first match and then squeaked past Army 5-3. During most of the Army match, flight after flight of helicopters landed next to the pitch, uploading squads of deploying Marines before taking off. Rotor wash and

engine roar drowned out calls, forced bad passes and no doubt impacted the kicking game, as Army missed four shots at goal. Air Force dodged a bullet in winning 5-3.

On day two, in its third match, the Air Force destroyed the Navy 52-10 and then closed out pool play by defeating the Coast Guard 37-3.

A cool front moved through the region, bringing low cloud cover and light rain to the championship match.

The Marines spent the entire first quarter pressuring the Air Force goal line. Despite having the majority of possession, repeated advantage and excellent field position, a drop goal by wing Obediah Colebrooke in the 27th minute would be the Marines' only score of the match, 3-0.

With nine minutes remaining in the half, Air Force center James Hubby (San Antonio) weaved through the Marine defense to score a try that wing Bert Giovanetti converted, 7-3.

Air Force's depth became apparent in the second half. Scoring began four minutes



Air Force advances the ball during its 38-3 victory over the Marines in the Armed Forces final. (Rugby Magazine photos/Scott Foley)

after intermission as replacement lock and vice-captain Brian Haws touched down off an opportunistic penalty play, courtesy of scrumhalf Brad Banga, 12-3. Four minutes later a try by prop Brian Lemay raised the score to 17-3.

As fresh legs came on, the match opened up with the Air Force backs finding gaps in the Marines' defense.

Air Force wing Bert Pina scored in the 22nd minute and wing Bert Giovanetti touched down in both the 28th and 34th.

Giovanetti converted all three tries, bringing the final score to 38-3.



# Patrick lieutenant competes in Poland

Second Lt. Caitlin Reese powers by a race official at the 3<sup>rd</sup> Annual CC HQ Ramstein Inter-Nation Cross Country Championship. The event is meant to foster camaraderie among nations through athletics and this year was held in Poznan, Poland. (U.S. Air Force photo/Staff Sgt. Donnie Gray)

By Jen Cooper  
45<sup>th</sup> Services Division

Second Lt. Caitlin Reese never imagined her daily workouts at the Patrick Fitness Center could take her on the trip of a lifetime to Poland. Lieutenant Reese was chosen by the Air Force Sports office to compete in the 3<sup>rd</sup> Annual CC Air HQ Ramstein Inter-Nation Cross Country Championship meet in Poznan, Poland, in December.

Lieutenant Reese, an Eastern Range Project Engineer, got into running during her sophomore year in high school in Anchorage, Alaska. She continued the sport at Auburn University in Alabama. To her, running is about competing, "I like the competitive nature of the sport and also the individual as well as team aspect."

Any Active Duty Air Force, Air Force Reserve, or Air National Guard member can submit an application for the event, and the competitors are chosen based on current race times. Lieutenant Reese contributes a big part of her

winning scores to the time she spends at the Patrick Fitness Center. She really enjoys the new outdoor track, saying, "The new track has really been helpful to me as it is a real rubber surface and an accurate half-mile." She also takes advantage of the fitness center's many facilities with regular weight training, swimming in the lap pool, and biking. She also finds the treadmills come in handy when the weather isn't cooperating.

But weather wasn't an issue during the big race. Six Air Force teams from the United Kingdom, Germany, Belgium, the Netherlands, Poland, and the United States came together for the 5 kilometer cross country run. The event was held on a field where the Polish exercise their tanks and tracked vehicles, and despite the muddy conditions, the U.S. women's team placed second behind the UK. Lieutenant Reese finished fourth overall out of 30 competitors, and took home the gold for the US team.

The competition is hosted by a different country every December, and is meant to



foster friendship and camaraderie among the nations through athletics. The Patrick lieutenant describes her experience, "In Poland, all of the athletes from the different countries stayed together in a dorm-type atmosphere where we got a chance to meet everyone ... Overall it was a great experience in which I got to learn about the other athletes and their countries, and have fun running."

Lieutenant Reese was afforded a unique athletic experience, and the Patrick Fitness Center helped her get there, "I use the gym everyday and really enjoy the facilities; the equipment is truly top of the line."

Her advice to others is simple, "Set a goal, find a training partner, and have fun in the process!"

# Colts Cheerleaders' greeting hits home for Hickam Airman

By Wyoming Rossett  
15th Services Squadron

The Indianapolis Colts Cheerleaders recently left their football end zone to visit the Airmen of the Hickam Air Force Base, Hawaii, flight zone, spreading their own brand of pre-holiday cheer everywhere they went.

The pep squad toured the base shaking hands, signing autographs, posing for pictures and finally performed an uplifting multi-media show presented by Armed Forces Entertainment at the Freedom Tower Mall.

But for Capt. Jeffrey Thomas of PACAF/A3YA, the visit was a little more special and a little more up-close and personal. Captain Thomas, who grew up

in Indianapolis, was working at the Terminal Instrument Procedures cell when the Colts Cheerleaders and staff dropped by for a visit. He mentioned his Indianapolis roots and the fact that he was a prior season ticket holder. The Colts video crew asked him to say a few words into the camera about where he was stationed and to say hello to his parents back in Indianapolis. The impromptu interview lasted a brief 25 seconds.

At the following Monday night game in Indianapolis, as the Colts played Cincinnati, that segment played on the RCA Dome's jumbo-tron. Then a camera panned up to show Captain Thomas' surprised parents who were in the audience. Mr. and Mrs. Tho-

mas were also presented with a picture of their son that the Colts staff took during their visit to Hawaii.

In an e-mail to the 15th Services Squadron, Captain Thomas wrote, "It was a once in a lifetime opportunity for myself and my parents who have been Colts fans since they moved to Indianapolis. It was extra special for my mom and dad since they have not seen me for two years and of course my mom cried because she was so excited about the whole experience. So I would personally like to thank 15th Services for arranging the cheerleaders to visit... It was a great experience and [the Colts staff] went out of their way to do something for a longtime fan that they did not have to do!"



Santa never had moves like this. The Indianapolis Colts Cheerleaders Variety Show Troupe takes center stage at Hickam Air Force Base, Hawaii.



The Indianapolis Colts Cheerleaders sign autographs and pose for Airmen's pictures at the Hale Aina Dining Facility on Hickam Air Force Base.

# Haeffner Fitness center hosts squadron gladiator challenge

**By Airman 1st Class Melissa Tæu**  
Davis-Monthan Air Force Base, Ariz.,  
Public Affairs

Fitness center staff and Davis-Monthan Air Force Base, Ariz., patrons were looking for a way to combine fun and fitness as six individuals from the 563rd Maintenance Squadron participated in the first Squadron Gladiator Challenge at the track outside of the Sports and Fitness center recently.

Two teams, consisting of three team members each, participated in the event.

The winning team, Jenn's Juggernauts, was made up of Pat Elders, Daniel Graham and Jennifer Hall. The second-place team, Kelly's Heroes, consisted of Brandon Fluitt, Justin Gentry and Niphaphone Kelly.

"The winners received exercise log books, water bottles, sports drinks and fruit after the event," said Cesar Vinueza, fitness center manager.

The event was the first of its kind and was hosted by the Haeffner Fitness Center staff.

"This challenge was organized for all the Davis-Monthan community as an effort to bring a new, exciting, safe and challenging competition and to break the monotony of running the same events every month," Mr. Vinueza said.

One participant signed up for fun and to aid her coworkers.

"I signed-up just for something to do," said Miss Hall. "The guys in my shop also needed a girl (on the team)."

The teams had to consist of one female participant.

One Airman signed-up just for the challenge.

"I signed up for the competitive activities," said Patrick Elders, winning team member, Jenn's Juggernauts.

The teams engaged in four challenges during the event.

"The first event was a litter race," said Mr. Vinueza. "Each team carried one of their team members on the litter and ran approximately 200 meters."

The second event was the one-legged fight.

"One member from each team met at the middle of the ring and held one foot up with both hands, like you're doing a quad stretch," said Mr. Vinueza.

"The challengers were then only allowed to bump into each other

with the shoulder area only. The individual who lost their balance or let go of their foot lost."

The third event was the super bungee.

"For this event, one member from each team came to the middle of the ring, each attached by a rope at the waist," Mr. Vinueza said. "At the start command, each player ran in the opposite direction of the opponent until one was able to drag the other past the middle line."

The final event was the Samurai fight.

"All participants were required to wear the following

**Continued on next page**



Daniel Graham and Brandon Fluitt duel in the Samurai Fight event during the squadron challenge. All participants were required to wear safety equipment such as a helmet, chest protector, hand shield and a padded sword. The Squadron Gladiator challenge was open to all squadrons on the base. (U.S. Air Force photos/Senior Airman Nicolas Paulino)



## D-M challenges gladiators

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gear: helmet, chest protector, hand shield and received a padded shield," Mr. Vinueza said. "The idea was to score points on the opponent's body or on the top of the head. The one that scored the most points at the end of the two-minute period was the winner."

The four different events required cooperation and communication between all team members and were physically challenging.

"The competition was very intense, but safe, and all participants had a lot of fun," said Mr. Vinueza.

"The events were fun," said Miss Hall. "We all had a great time."

With support from the Davis- Monthan community, more innovative events will be on tap in the near future.

"As long as we get the support from the community, we will continue offering fresh, new and improved activities," Mr. Vinueza said.



Fluitt and Graham try to knock each other down during the One-legged Fight event. Team members were required to hold one leg using both hands and try to knock their opponent down using only the upper body portion. The competitor who lost his or her balance and fell or dropped a foot to the ground first lost the fight.



## Hold that pose

Airman 1st Class Savannah Orozco is photographed in her physical training uniform for a fitness poster recently in the multimedia studio at McChord Air Force Base, Wash.

Airman Orozco is with the 62nd Operations Support Squadron there. (U.S. Air Force photo/Abner Guzman)

## Snapped around Services



### *Gearing up for the slopes*

James Asher, recreation assistant at Malmstrom Air Force Base, Mont., Outdoor Recreation, helps Airman 1st Class Juliana Nualta, 341st Comptroller Squadron, get measured for snowboarding equipment. (U.S. Air Force photo/File)

## FROM THE FRONTLINES

### *Getting fit to fight*

Tech. Sgt. Hayward Dunn, 447th PERSCO team, pumps iron at the Sather Air Base, Iraq, Fitness Center recently. (U.S. Air Force photo/Staff Sgt. Scott McNabb)



## FROM THE FRONTLINES

### *Pressing forward*

Staff Sgt. Nick Ianovale (left) and Senior Airman Cameron Neal, 376th Expeditionary Civil Engineer Squadron security escorts, move the leg press into position in the new Fitness Center recently. The weights and weight machines were moved and aerobic equipment was moved later, making the fitness center fully operational ahead of schedule. (U.S. Air Force photo/Master Sgt. Mitch Gettle)

